

## Fitness Resolutions for 2013

Let BERA help you with your resolutions to stay fit. Some programs are currently in session until the end of January, but you may attend any of the activities below, some of which are free and some are pay-as-you-go. Look for the new fitness schedule in January that will include Zumba, Aqua Aerobics, Pilates and Yogalates!

You may also join the **BERA Body Building Club**. The fee is \$25 per calendar year (from Jan-Dec). Family members and guest/contractors need to show proof of medical insurance. ***BBC person will be in the gym at noon-1pm to sign up members on Jan 9, 17 & 25.*** OR make your check payable to BERA BBC and include your name, life # and Email address and mail to: Recreation Office, Bldg 400A.

The following activities do not require registration:

### ***\$ PAY AS YOU GO:***

- **Kardio Kickboxing** - Mon & Thurs @ 12:15pm in the gym, \$5 per class (Bldg 461) Contact Recreation Office x2873
- **Aerobic Fitness** - Tuesday @ 5:15pm in the Rec Hall (B. 317)  
10 Classes for \$40, or \$5 per class  
Contact Mindy Markstaller x2280 or email: [markstaller@bnl.gov](mailto:markstaller@bnl.gov)
- **LAP swimming** – from 11am-3pm, pay at pool desk \$3.00

### ***FREE, FREE, FREE:***

- **Reiki Healing Circle** - contact Nicole Bernholc x2027  
Thursday - 12 Noon - email [berholc@bnl.gov](mailto:berholc@bnl.gov) for location
- **Tai Chi** - contact A. Rusek x5830 - *Great for balance and strengthening!*  
Mon, Tues, Thurs & Fri @ 12 Noon at Brookhaven Center (Bldg 30)
- **Yoga** - contact Ila Campbell x2206  
Wednesday - 12 Noon @ Brookhaven Center, North Room (Bldg 30)  
More Yoga class information

Review the interesting fitness & cultural opportunities offered by BERA Clubs and leagues: <http://www.bnl.gov/bera/recreation/clubs.asp>

*\*\*Please check with your physician before starting any fitness program.*

**Ext. 2873**